

DEPARTMENT OF SOCIAL SERVICES
744 P Street, Sacramento, California 95814



November 7, 1995

ALL COUNTY INFORMATION NOTICE NO.
I-53-95

TO: ALL COUNTY WELFARE DIRECTORS

REASON FOR TRANSMITTAL

- ☐ State Law Change
- ☐ Federal Law Change
- ☐ Court Order or Settlement Agreement
- ☐ Clarification Requested by One or More Counties
- ☒ Initiated by CDSS

SUBJECT: 1995/96/97 Food Stamp Nutrition Education Plan

REFERENCE: ACIN I-22-95

This is to inform County Welfare Departments (CWDs) that the United States Department of Agriculture's Food and Consumer Service (FCS) has approved California's Food Stamp Nutrition Education Plan for the period October 1, 1995 through September 30, 1997. This approval has enabled the Department to renew the interagency agreement with the University of California Cooperative Extension (UCCE) to provide nutrition education services to Food Stamp recipients and applicants.

We are pleased that the provision of nutrition education services will continue over the next two years and that the number of counties served will increase from nineteen to thirty-seven. Provision of nutrition education services will assist in achieving our goal of greater self-sufficiency for welfare recipients. By improving cooking and shopping skills, we hope that recipients will be better able to stretch their financial resources and improve their diet.

Enclosed are excerpts from the approved Plan. The map on Page 5 identifies the counties in which nutrition education services will be provided. Chart 1 on Pages 6-8 provides the specific target areas within individual counties that will be served. The program will be coordinated by the University of California, Davis. Individual county contacts will be made through the local County Cooperative Extension Office.

During this past year, questions were raised regarding confidentiality. As a contractor with the Department, UCCE is subject to the confidentiality restrictions specified in M.S. 63-201.3. UCCE has given assurance as part of the Plan that Food Stamp confidentiality requirements will be met and maintained. Further, UCCE currently is subject to confidentiality requirements under the Expanded Food and Nutrition Education Program, which UCCE also administers statewide under the direction of FCS.

As before, the implementation of this project is not a mandate on CWDs to assist UCCE in any specific way. Instead, CWDs are encouraged to work cooperatively with UCCE to the extent possible in providing any assistance that might be needed in providing space for classes, showing videos, etc.

Please contact Charlotte Doisy of the Food Stamp Program Bureau at (916) 657-3356 if there are any problems or if you have questions. Counties that currently are not included in the Plan and want information on the possibility of receiving assistance in providing nutrition education services are also encouraged to contact Ms. Doisy. We will contact UCCE to determine what services are available in your county or what the possibility is of extending services to your county at some future date.

Walter Bannett
BRUCE WAGSTAFF *for BW*
Deputy Director
Welfare Programs Division

Enclosures

c: Food Stamp Coordinators

**FOOD STAMP NUTRITION EDUCATION PROGRAM
OF CALIFORNIA**

(FSNEP-CA)

FFY 1995/96 and FFY 1996/97

Proposal Developed by:

**University of California
Cooperative Extension**

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I. INTRODUCTION

A. Overview

The University of California Cooperative Extension (UCCE) and the California Department of Social Services (CDSS) have developed a joint proposal to extend the Food Stamp Nutrition Education Program (FSNEP) to address the nutrition education needs of California's Food Stamp recipients for FFY 1995/96 and FFY 1996/97. CDSS is the agency responsible for the administration of the Food Stamp Program in California. UCCE is the statewide arm of the University of California. With County Extension offices in 52 counties in California, UCCE offers research-based programs in Home Economics, Agriculture, Toxicology, Forestry and other Natural Resources. County Home Economists and Farm Advisors coordinate, direct and implement research and education programs, training, and public service to all Californians. In addition, UCCE operates the statewide Expanded Food and Nutrition Education Program (EFNEP).

CDSS will renew the inter-agency agreement with UCCE to provide nutrition education services in accordance with the provisions of this Plan. CDSS will serve as the conduit for the federal matching funds and will assist as needed with liaison activities with county welfare departments. In addition to the contact between the local county extension offices and county welfare departments, CDSS will keep all counties informed of nutrition education activities and opportunities on an as-needed basis.

UCCE staff will work cooperatively with the local county welfare departments to provide nutrition education services to Food Stamp applicants and recipients. It is not the intent of this project to increase the workload of the county welfare department. County welfare departments will be encouraged to assist with UCCE's activities whenever possible (e.g. distribute newsletter, offer space for classes, etc.), but are not mandated to perform functions which cannot be absorbed into the normal workload without creating a burden and incurring additional costs.

The program consists of Adult and Youth program components and will operate in 37 California counties, some of which are in multiple county program groups called "program units" (e.g., the FSNEP Adult program unit of Monterey/San Benito/Santa Cruz serves three counties while the FSNEP Youth program unit of Sutter/Yuba serves two counties --see Appendix A for a total listing of counties and program units). An ADULT nutrition education program will enroll Food Stamp recipients and applicants on a voluntary basis at the local county welfare department and other sites. Nutrition education lessons will focus on the following topics: self-sufficiency, food budgeting, managing resources, food preparation skills, food safety and sanitation, and feeding infants and children. A YOUTH nutrition education program will target schools with large numbers of students from Food Stamp households. Teach-

- providing relevant, culturally-appropriate nutrition and health information.

The need for a nutrition education program to improve the self-sufficiency of Food Stamp recipients has been illustrated by the research discussed above. Further work is needed in understanding the best methods to use in assisting Food Stamp recipients to use their resources more effectively.

C. Objectives of FSNEP

The major goal of FSNEP is to improve the nutrition-related skills of Food Stamp recipients, specifically those skills related to selecting, purchasing and preparing a low-cost nutritional diet for themselves and their family. FSNEP has the following objectives:

- Improved self-sufficiency of Food Stamp recipients
- Decreased reliance on emergency food resources
- Increased skills in food budgeting and meal planning
- Improved diet for entire family
- Increased consumption of fruits and vegetables
- Increased variety in food choices
- Improved food preparation skills
- Improved knowledge of safe food practices

II. PROPOSAL DESCRIPTION

A. Target Population/Areas

The target population of FSNEP will be adult and youth Food Stamp recipients and applicants located in the 37 participating California counties (41 program units). The following map of California shows the location of all the proposed programs. As the map indicates, the program will be implemented throughout the state and will be found in both urban and rural locations. In addition, Chart 1 indicates the specific target areas within the individual counties that will be served.

1995-96/1996-97

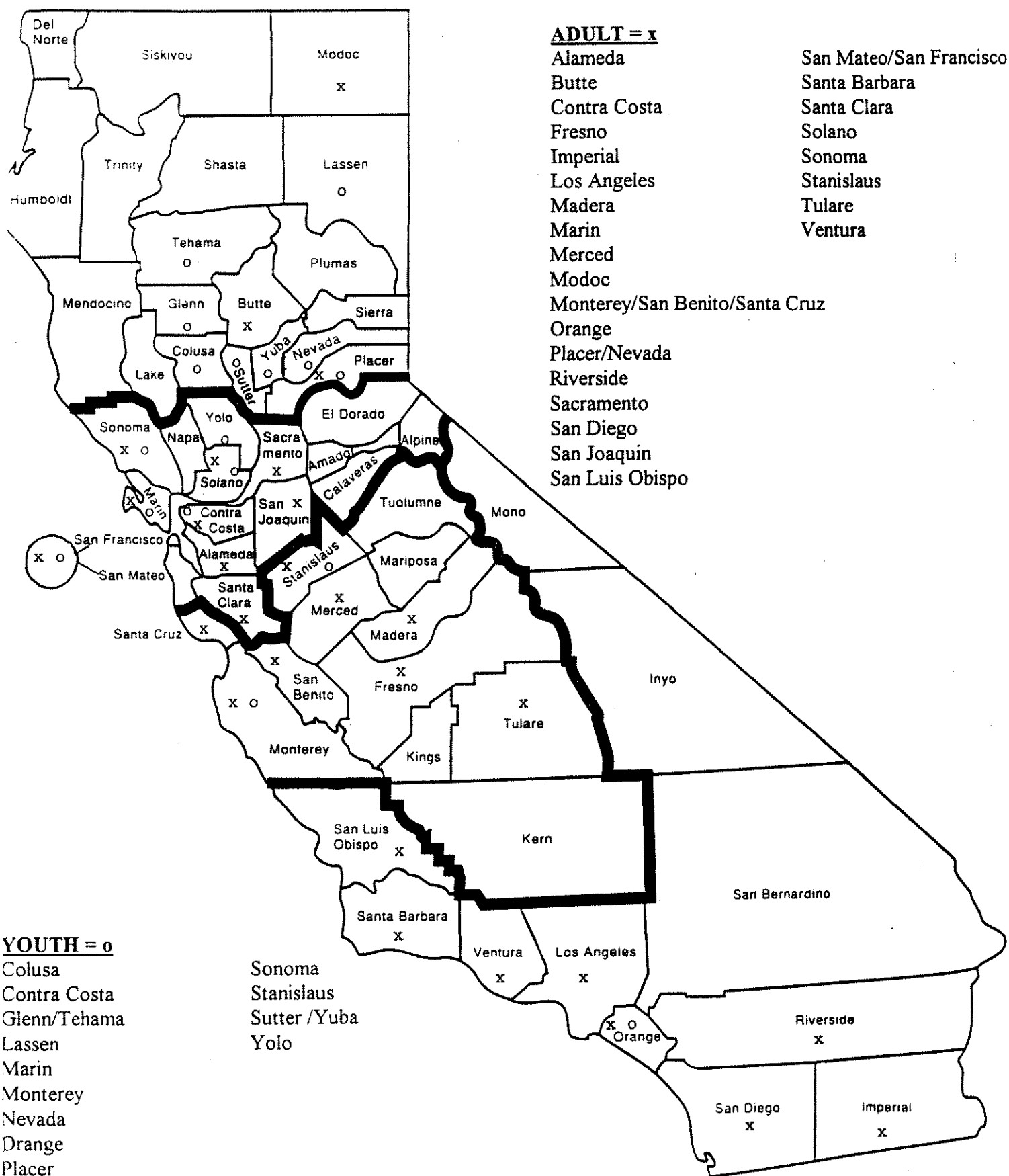


CHART 1

SPECIFIC TARGET AREAS WITHIN INDIVIDUAL COUNTIES SERVED BY FSNEP PROGRAMS FOR ADULT AND YOUTH COMPONENTS

COUNTIES	ADULT TARGET AREAS	YOUTH TARGET AREAS
Alameda	Food Stamp recipients and applicants	N/A
Butte	Oroville Food Stamp Recipients	N/A
Colusa	Food Stamp recipients and applicants	Williams Unified School District Pierce Joint Unified School District Maxwell Unified School District Colusa Unified School District
Contra Costa	Martinez department of Social Services Office (North Central part of county)	Vallejo Unified School District Fighting Back Project (Vallejo)
Fresno	Food Stamp recipients and applicants	N/A
Glenn	N/A	
Imperial	Food Stamp recipients and applicants	N/A
Lassen	N/A	
Los Angeles	Los Angeles Food Stamp recipients	N/A
Madera	Madera County Food Stamp recipients	N/A
Marin	Marin City, Canal area, Pilgrim Park	Novato Unified School District, San Rafael City School District, Sausalito School District, Shoreline Unified School District
Merced	Food Stamp recipients and applicants	N/A
Modoc	Food Stamp recipients and applicants	N/A
Monterey	Salinas, Seaside/Marrion,	Salinas, Gonzales, Greenfield

COUNTIES	ADULT TARGET AREAS	YOUTH TARGET AREAS
	Castroville	School Districts: Alisal, Salinas, Gonzales, Greenfield
Nevada	N/A	
Orange	Anaheim (regional centre) and Santa Ana (regional centre)	South Ana, Anaheim School Districts: Santa Ana School District, Anaheim City
Placer	Food Stamp recipients and applicants	
Riverside	Western Riverside county, Corona-Novco, Temecula Valley, Rancho, California Murrieta	N/A
Sacramento	Fair Oaks, Carmichael, Orangevale, Mather Air Force Base (Rancho Cordova)	N/A
San Benito	Food Stamp recipients and applicants (Hollister)	N/A
San Diego	Food Stamp recipients and applicants	N/A
San Francisco	Mission Bayview/Hunter's Point, Visitation Valley, Western Addition, Ingleside neighborhoods, San Francisco food stamp office	San Francisco Unified, Ravenswood, Redwood City School Districts: San Francisco Unified
San Joaquin	Food Stamp recipients and applicants	N/A
San Luis Obispo	Food Stamp recipients and applicants	
San Mateo	Food Stamp recipients and applicants	San Mateo, and Jefferson School Districts
Santa Barbara	Food Stamp recipients and applicants	N/A
Santa Clara	Food Stamp recipients and applicants (Guadalupe, Santa Maria, Sunnyvale, Santa Clara, Mountain View, South San Jose)	N/A
Santa Cruz	Pajaro Valley, Watsonville, Santa Cruz	N/A
Solano	Food Stamp recipients and applicants	Vallejo Unified School District.

COUNTIES	ADULT TARGET AREAS (Fairfield, Suisin, Travis, Vacaville, Vallejo)	YOUTH TARGET AREAS Fighting Back Project (Vallejo)
Sonoma	Food Stamp recipients and applicants (Sonoma County)	Santa Rosa, Roseland, Windsor, Guerneville, Stewarts Point School Districts: Santa Rosa, Bellevue, Roseland, Windsor, Wright, Guerneville, Monte Rio, Kashia, Migrant Education
Stanislaus	Food Stamp recipients and applicants (Turlock, Oakdale, Riverbank, Salida and Roberts Ferry)	School Districts: Ceres, Chatom, Denair, Keyes, Modesto, Newman, Oakdale, Patterson, Riverbank, Roberts Ferry, Salida, Stanislaus Union, Sylvan, and Turlock Joint. Salvation Army Day Camps, Migrant Summer Schools Day Camps and After School Programs
Sutter	N/A	Yuba City Unified School District, Live Oak Unified School District, Meridian Elementary School District
Tehama	N/A	Glenn/Tehama County, Redbluff, Willows, Corning, Orland, and Hamilton City
Tulare	Food Stamp recipients and applicants (Tulare County)	N/A
Ventura	Food Stamp recipients and applicants (Oxnard)	N/A
Yolo	N/A	Washington Unified School District, Esparto Unified School District, California Mini Corps
Yuba	N/A	Marysville Joint Unified School District

B. Demographics/Ethnicity

FSNEP will be developed based on the program demographics. UCCE has nutrition education materials in Spanish and some of the Asian languages will be used for this program. In counties where a large population of the target audience speaks a language other than English the selection of bilingual nutrition assistants will be encouraged.

The following chart (Chart 2) shows the demographics of the 37 county program sites for both the Adult and Youth components. Data was supplied by the CDSS. The average monthly number of participating Food Stamp households in the last column is for SFY 1993/94. (Source: Form DFA 296 - Food Stamp Program Participation and Coupon Issuance Report.) The ethnicity data is for July, 1994. (Source: Form DFA 358 - Food Stamp Program Participants by Ethnic Group.)

CHART 2

PROGRAM DEMOGRAPHICS/FOOD STAMP HOUSEHOLDS

	AFRICAN			NATIVE			AVERAGE # FS
COUNTY	AMERICAN	HISPANIC	ASIAN	AMERICAN	WHITE	FILIPINO	HOUSEHOLDS
ALAMEDA	28,731	5,715	4,882	217	8,861	439	47,885
BUTTE	258	652	304	88	7,738	18	9,066
COLUSA	3	249	5	16	317	0	620
CONTRA COSTA	7,672	3,732	1,947	64	8,542	266	22,015
FRESNO	4,700	21,280	9,899	237	7,912	53	43,130
GLENN	4	239	154	22	623	1	1,019
IMPERIAL	228	6,137	13	88	972	6	7,260
LASSEN	19	57	2	39	1,029	1	1,075
LOS ANGELES	120,776	204,123	20,927	905	65,223	1,541	421,050
MADERA	279	2,909	25	39	1,567	6	4,597
MARIN	471	412	265	27	2,110	10	3,203
MERCED	1,288	6,301	1,787	62	4,536	31	13,823
MODOC	1	59	1	33	407	0	504
MONTEREY	729	5,842	337	57	2,010	97	9,224
NEVADA	7	61	4	43	1,678	4	1,774
ORANGE	2,653	23,410	11,570	122	17,156	214	54,433
PLACER	39	492	28	103	3,448	8	4,049
RIVERSIDE	7,424	15,121	1,131	291	15,160	110	37,086
SACRAMENTO	12,836	7,444	11,224	486	24,266	313	55,421
SAN BENITO	8	859	2	3	261	2	1,096
SAN DIEGO	16,534	19,163	3,153	563	32,265	985	70,928
SAN FRANCISCO	12,153	4,063	3,985	219	8,271	838	29,137
SAN JOAQUIN	2,820	6,866	6,584	173	7,300	227	23,488
SAN LUIS OBISPO	154	1,224	51	38	3,156	26	4,371
SAN MATEO	1,801	2,934	526	35	1,933	249	7,118
SANTA BARBARA	541	4,689	182	89	3,336	180	8,953
SANTA CLARA	3,329	16,041	10,743	215	8,353	438	38,593
SANTA CRUZ	229	2,598	110	45	4,341	29	7,131
SOLANO	3,816	1,432	486	52	4,306	276	9,778
SONOMA	403	1,573	435	251	6,348	20	8,495
STANISLAUS	790	5,238	1,725	107	9,399	41	16,506
SUTTER	102	704	53	25	1,668	11	2,476
TEHAMA	17	387	0	47	2,294	2	2,658
TULARE	756	12,150	1,879	345	5,811	324	21,185
VENTURA	776	8,029	262	61	5,305	121	14,750
YOLO	323	1,592	372	103	2,843	17	5,423
YUBA	151	359	613	69	2,826	5	3,852
TOTAL	232,821	394,136	95,666	5,379	283,571	6,909	1,013,172
SOURCES:							
Ethnicity Data is from the DFA 358 (FOOD STAMP PROGRAM PARTICIPANTS by ETHNIC GROUPS.) Data is for July 1994.							
Average # of Food Stamp households (last column) is from the DFA 256 (HOUSEHOLD PARTICIPATION by STATUS) Data is monthly average for July 1993-June 1994.							
NOTE: Totals in first six columns will not equal total in seventh column.							

The following chart (Chart 3) contains background information on the ethnicity of existing staff for FSNEP (FFY 1994/95).

Community involvement is an essential element in UCCE. FSNEP similarly seeks a community-based program approach by hiring staff that are familiar and involved in the communities they will be serving. This approach has been a significant and unique feature of EFNEP.

CHART 3

**Ethnicity Profile of
FSNEP Staff (FFY 94/95)
and EFNEP Staff (FFY 94/95)**

	<u>FSNEP Staff</u> <u>(FFY 94/95)</u>	<u>EFNEP Staff</u> <u>(FFY 94/95)</u>
African American	14%	21%
Hispanic	34%	53%
Asian	9%	16%
White	34%	7%
Native American	<u>9%</u>	<u>3%</u>
	100%	100%

C. The FSNEP Adult/Youth Plans

The FSNEP Program will be administered by a coordinator who will be located at the University of California, Davis campus. Two program components (Adult and Youth) will be implemented and managed by county Cooperative Extension Home Economists and Youth Advisors. They will work closely with the local county welfare department.

1. The Food Stamp Nutrition Education Program Plan - Adult

The Adult program will target adult members of Food Stamp households in order to improve self-sufficiency through a variety of nutrition education programs. Home Economists will hire and supervise one half-time field staff person for the program year. The field staff person will deliver the nutrition education programs to Food Stamp recipients and applicants who will be recruited for the nutrition program at various sites, including county welfare offices, community centers, homeless shelters, and other appropriate locations. In some counties, program activities can be offered at the welfare department. In others, the program activities will be offered at a nearby location (community center or other site). When Food Stamp recipients are enrolled in FSNEP, demographic data will be collected (name, address, phone number, ethnicity, gender, family size).

The following is the Adult Nutrition Education Plan:

ADULT NUTRITION EDUCATION PLAN

Goals

- Improve self-sufficiency (managing resources, food buying and food preparation) of food stamp participants
- Improve food shopping skills of food stamp recipients
- Improve cooking and food preparation skills of food stamp recipients
- Improve fruit and vegetable consumption of food stamp recipients
- Improve infant and child feeding practices of food stamp recipients
- Improve food safety and food sanitation skills of food stamp recipients

Objective	Activities	Time Frame	Documentation of Outcome
<ul style="list-style-type: none"> All new Food Stamp Nutrition Education Assistants (0.5 FTE) will be trained to deliver the nutrition education programs. 	<ul style="list-style-type: none"> Statewide Specialist and Coordinator will organize training in geographical areas to introduce materials and educational approaches and methods to new staff. 	October 1995 to September 1997.	<ul style="list-style-type: none"> Attendance by FSNEP Staff. Evaluation of training
<ul style="list-style-type: none"> Each NEA (0.5 FTE) will recruit and teach 200 Food Stamp recipients annually. 	<ul style="list-style-type: none"> NEA will work with local Food Stamp office to recruit participants. NEA will develop a list of a minimum of 200 enrolled participants. NEA will organize mini-lessons at community sites, supermarkets and teach participants. 	October 1995 to September 1997.	<ul style="list-style-type: none"> Enrollment data Evaluation data
<ul style="list-style-type: none"> Each county program will have a minimum of 500 enrolled recipients receiving a nutrition education newsletter annually. 	<ul style="list-style-type: none"> NEA and Home Economist will develop a monthly Food Stamp newsletter. NEA will provide newsletter to enrolled Food Stamp recipients. At least 500 enrolled Food Stamp recipients will receive the newsletter. 	October 1995 to September 1997.	Newsletter will be received by enrolled recipients

Adult Curriculum Resources To Be Used

In FY 1995 the Michigan State EATING RIGHT IS BASIC (1995) nutrition education materials were purchased for use in the Adult FSNEP program. The materials are up-to-date, research-based and contain 16 lessons. County FSNEP staff were trained on May 15, 1995 and June 9, 1995 on these new materials. Continuing training will be provided as new staff are hired, ensuring that new staff will be trained in the curriculum materials. In addition, the following resources, such as videotapes and nutrition education materials, will be based on the program goals. These materials have been tested and found to be very effective.

- Cooking and Food Preparation Skills: At community settings, the For Goodness Sake! videotapes: Broccoli, Non-fat Dry Milk, Rice, Low-cost Protein Sources, Chicken, Snacks, and One-pot Meals. We will also use the videos purchased from Altschul Group Corporation, Evanston, Illinois, entitled: "Lily Feeds Her Growing Family"; and "Breakfast - Lily Changes A Habit."
- Self-sufficiency: We will use the EFNEP lessons on Food Buying and Meal Planning, Managing Your Resources and the FNS material entitled Make Your Food Dollars Count. In addition, newly revised curriculum materials from Cornell (BUC \$) will also be used.
- Food Shopping: At supermarkets and other sites, the new EFNEP module on (food shopping and buying) will be used with demonstrations.
- Fruit and Vegetables: At farmers' market sites (or other locations) a lesson on fruit and vegetables with demonstrations will be used and other related materials. We will use the fruit and vegetable curriculum from Farmers' Market WIC project.
- Food Safety: At community settings, the EFNEP food safety and sanitation curriculum will be used.
- Infant Feeding: A community settings, infant feeding curriculum developed by University of California Specialists Dr. Gwynn and Dr. Cudaback will be used.

2. The Food Stamp Nutrition Education Program Plan - Youth

Each participating county will target children in Food Stamp households that currently are not targeted by EFNEP. County Extension staff will recruit and train teachers and other volunteers to deliver the nutrition education experience (6 to 10 hours) in school and community after-school settings. Teachers from target schools will be recruited by FSNEP Youth Assistants and will be trained to deliver the FSNEP program. The overall mission of this project will be to

provide practical and reliable information to youthful beneficiaries of Food Stamps in the areas of nutrition, food safety, and cost effective food purchasing.

The following in the Youth Nutrition Education Plan:

YOUTH NUTRITION EDUCATION PLAN

Goals

- Expose children to a variety of low fat, low sugar and high fiber food experiences, especially fruits and vegetables.
- Increase awareness of food safety practices for children who prepare some of their own meals and snacks.
- Expose children to unit pricing/comparison shopping to determine the *best buy* (ages 9 to 11 year-olds only).

Objective	Activities	Time Frame	Documentation of Outcome
<ul style="list-style-type: none"> • All new FSNEP Staff will be trained to deliver the nutrition education programs. 	<ul style="list-style-type: none"> • County FSNEP staff will participate in training workshops focusing on Nutrition Education and <i>Eating Right is Basic</i> Curriculum provided by Specialist and State staff. 	October 1995 to September 1997.	<ul style="list-style-type: none"> • Attendance by FSNEP staff • Evaluation completed by FSNEP staff.
<ul style="list-style-type: none"> • Each youth assistant at 0.5 FTE will train at least 40 teachers annually who will deliver the program in targeted schools. A minimum of 700 children will complete the nutrition education experience annually. 	<ul style="list-style-type: none"> • <u>Recruitment of Teachers</u> • Youth Assistants will work with Home Economists or Youth Development Advisor to plan teacher recruitment. • Youth Assistant will recruit teachers from Food Stamp Nutrition Education target schools. • Youth Assistant will work with Food Stamp Nutrition Education target schools to add foods, nutrition and gardening education to current classroom curricula. 	October 1995 to September 1997.	Teacher workshop enrollment records maintained by Home Economist or Youth Advisor.

Objective	Activities	Time Frame	Documentation of Outcome
	<ul style="list-style-type: none"> • <u>Teachers Training of in target schools</u> • Youth Assistant will plan teacher training with help of Home Economist or Youth Development Advisor. • Youth Assistant will train teachers in target schools under the direction of Home Economist or Youth Development Advisor. 	October 1995 to September 1997.	Workshop evaluation administered by Youth Assistant.
	<ul style="list-style-type: none"> • <u>Implementation of FSNEP experience</u> • Teachers will deliver FSNEP program to students. • Youth Assistant maintain communications with volunteer teachers by telephone, letters and personal visits. • Youth Assistant will collect enrollment information and evaluations following completion of the program. • Youth Assistant will send evaluation to Statewide Coordinator, UCD Davis. 	October 1995 to, September 1997.	<i>Eating Right is Basic Teacher Evaluation</i> administered by Youth Assistant.

Youth Curriculum Resources To Be Used

Use of the following resources will be based on program goals. These materials have been developed and tested on youth and will be used in the schools as described in the Youth Plan.

- *Eating Right Is Basic for 6 to 8 Year-Olds (English)*
- *Eating Right Is Basic for 6 to 8 Year-Olds (Spanish)*
- *Eating Right Is Basic for 6 to 8 Year-Olds (Chinese)* - to be completed summer 1994(?)
- *Train the Trainer Packet, Eating Right Is Basic for 6 to 8 Year-Olds*
- *Eating Right Is Basic for 9 to 11 Year-Olds (English)*
- *Eating Right Is Basic for 9 to 11 Year-Olds (Spanish)*
- *Eating Right Is Basic for 9 to 11 Year-Olds (Chinese)* - to be completed summer, 1994 (?)
- *Train the Trainer Packet, Eating Right Is Basic for 9 to 11 Year-Olds*
- *Pyramid Productions: Using Food Guide Pyramid with Children*
- *Food Practices of Selected Groups in California*

3. County Specific Activities

The following chart (Chart 4) depicts county specific program activities for the Adult and Youth Programs.

CHART 4
PROGRAM ACTIVITIES

COUNTIES	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
Alameda	Target Population: Families with children Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources.	N/A
Butte	Target Population: Families with children Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting; and managing resources; videotapes at Food Stamp offices.	N/A
Colusa	N/A	Target Population: Youth (9-11 years) Program Activities: Recruit and train teachers to educate youths using "Eating Right is Basic" nutrition education curriculum.
Contra Costa	Target Population: Families with children Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting; videotapes in Food Stamp waiting rooms; cooking demonstrations at Farmers' Markets.	
Fresno	Target Population: Families with children Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources.	N/A
Glenn	N/A	
Imperial	Target Population: Families with children Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources.	N/A

COUNTIES	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
Lassen	N/A	
Los Angeles	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotapes in Food Stamp offices.</p>	N/A
Madera	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; Spanish-language audio-tapes and materials.</p>	N/A
Marin	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons; Farmers' Market nutrition lessons; and food safety and sanitation lessons.</p>	<p>Target Population: Youths (5-11 year-olds)</p> <p>Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum.</p>
Merced	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources.</p>	N/A
Modoc	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources.</p>	N/A
Monterey	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; cooking demonstrations and videotape lessons.</p>	<p>Target Population: Youths (9-11 year-olds)</p> <p>Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum.</p>

<u>COUNTIES</u>	<u>ADULT PROGRAM ACTIVITIES</u>	<u>YOUTH PROGRAM ACTIVITIES</u>
Nevada	N/A	<p>Target Population: Youth (5-14 year-olds)</p> <p>Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum, also through school-age child care settings.</p>
Orange	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; cooking demonstrations and videotape lessons.</p>	<p>Target Population: Children 3-11 year-olds)</p> <p>Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum. Introduce youths to other 4-H activities.</p>
Placer	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources.</p>	<p>Target Population: Youth (5-14 year-olds)</p> <p>Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum, also through school-age child care settings.</p>
Riverside	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; and demonstrations to improve cooking skills.</p>	N/A
Sacramento	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons; and cooking demonstrations.</p>	N/A
San Benito	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; cooking demonstrations and videotape lessons.</p>	N/A

COUNTIES	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
San Diego	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons; and cooking demonstrations.</p>	N/A
San Francisco	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources and videotape lessons.</p>	<p>Target Population: Youths (5-11 year-olds)</p> <p>Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum. Pilot test use of "Blue Skies" curricula.</p>
San Joaquin	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources and videotape lessons.</p>	N/A
San Luis Obispo	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources.</p>	N/A
San Mateo	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources and videotape lessons.</p>	<p>Target Population: Youths (5-11 Year-olds)</p> <p>Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum.</p>
Santa Barbara	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources.</p>	N/A
Santa Clara	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budget-</p>	N/A

COUNTIES	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	ing and managing resources; and cooking demonstrations.	
Santa Cruz	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; cooking demonstrations and videotape lessons.</p>	N/A
Solano	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons cooking demonstrations; and Farmers' Market.</p>	<p>Target Population: Youths (6-12 year-olds)</p> <p>Program Activities: Recruit and train older teens to educate youths using "Eating Right Is Basic" nutrition education curriculum. Cooking on site, and food diversity activities around cultures.</p>
Sonoma	<p>Target Population: Families with children</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons cooking demonstrations; and Farmers' Market nutrition lessons and food safety and sanitation lessons.</p>	<p>Target Population: Youths (5-14 year-olds)</p> <p>Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum.</p>
Stanislaus	<p>Target Population: Adult Food Stamp recipients.</p> <p>Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources, videotape lessons, home study or combination of above.</p>	<p>Target Population: Youths (5-13 year-olds)</p> <p>Program Activities: Recruit and train teachers and others to educate youths using "Eating Right Is Basic" nutrition education curriculum.</p>
Sutter	N/A	<p>Target Population: Youths (6-11 year-olds)</p> <p>Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum.</p>
Tehama	N/A	Target Population: Youths (9-11 year-olds)

COUNTIES	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
		Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum. Special assemblies regarding nutrition.
Tulare	Target Population: Families with children Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons and cooking demonstrations.	N/A
Ventura	Target Population: Families with children Program Activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons and supermarket nutrition lessons.	N/A
Yolo	N/A	Target Population: Youths (5-11 year-olds) Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum.
Yuba	N/A	Target Population: Youths (6-11 year-olds) Program Activities: Recruit and train teachers to educate youths using "Eating Right Is Basic" nutrition education curriculum

III. OTHER CALIFORNIA NUTRITION PROGRAMS

There are other nutrition education programs in which Food Stamp recipients could participate. As in the FFY 1994/95 program, UCCE and FSNEP will work cooperatively with other nutrition services to prevent duplication of these other services.

Expended Food and Nutrition Education Program

The Expanded Food and Nutrition Education (EFNEP) assists low-income families and youth in acquiring the knowledge, skills, attitudes, and changed behaviors necessary for improvement of total family diet and nutritional welfare. Instruction reflects the nutritional needs and cultural heritage of the audience.

Women, Infants, and Children

The Special Supplemental Food Program for Women, Infants, and Children (WIC) provides nutritious food (via vouchers), individual counseling, and referrals to health care to high-risk women and children up to age five, with incomes up to 185% of poverty. Because the benefits are targeted to women and infants at high risk, few children over two years old are served by California WIC.

Children Nutrition Programs

The following federal child nutrition programs are administered by the Child Nutrition and Food Distribution Division: National School Lunch Program, School Breakfast Program Special Milk Program, Child Care Food Program, Nutrition Education and Training Program, and the Donated Food Program.

Department of Education's Nutrition Education and Training

Nutrition Education and Training (NET) is a federally funded program providing comprehensive nutrition information and education programs to children, teachers, food service personnel, program administrators, and parents. A major goal is to effect changes in eating patterns that will result in the improved health and well-being of children. A majority of the NET budget is used for the training of school food service personnel.

Miscellaneous

Local county welfare departments may have nutrition education programs in place or have cooperative arrangements with local community groups to provide nutrition education services. Further, other community agencies may receive federal grants to test the delivery of specific nutrition education services. Where these other programs exist, UCCE will work cooperatively to prevent coordination problems for local county welfare departments.